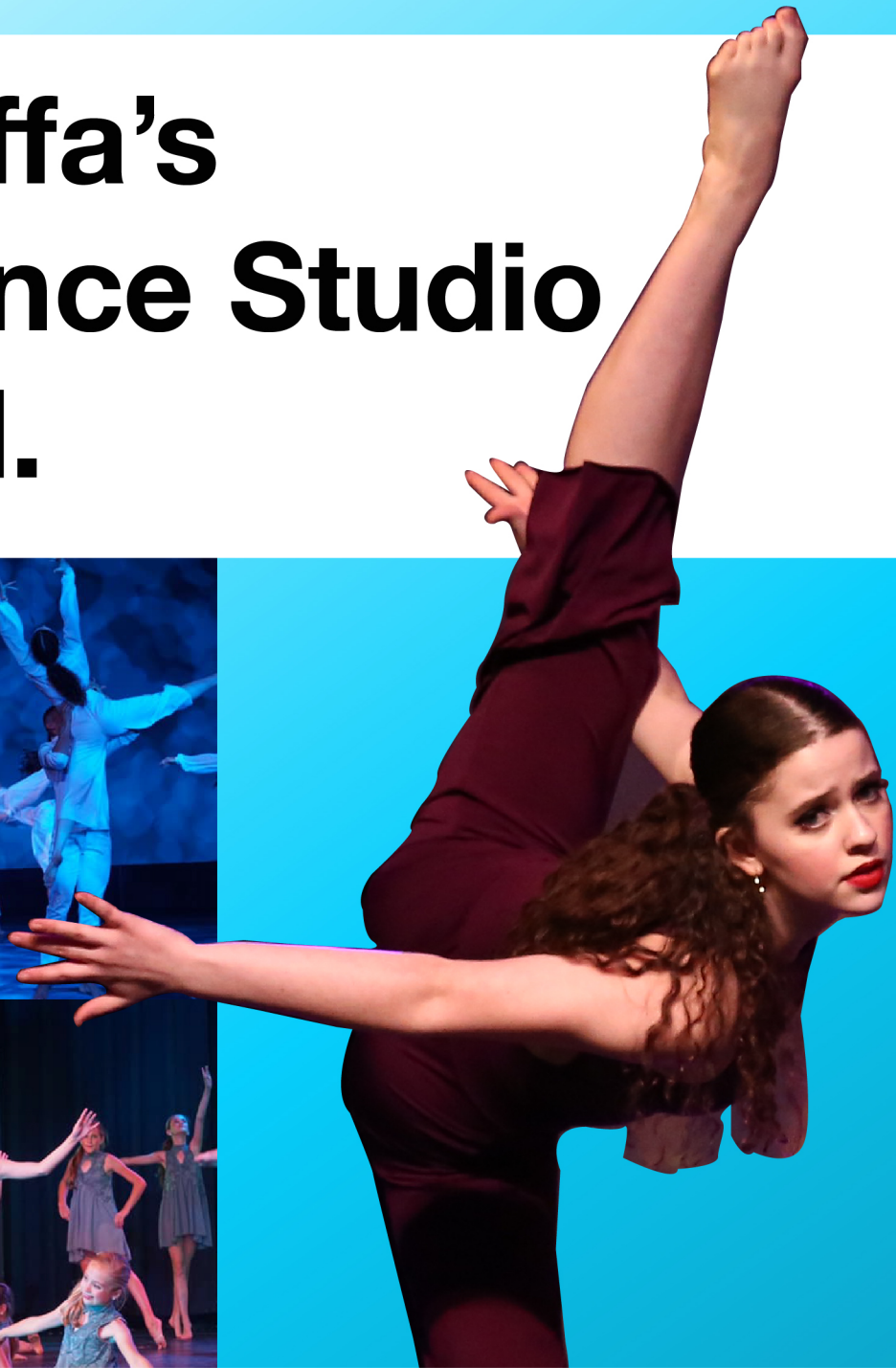
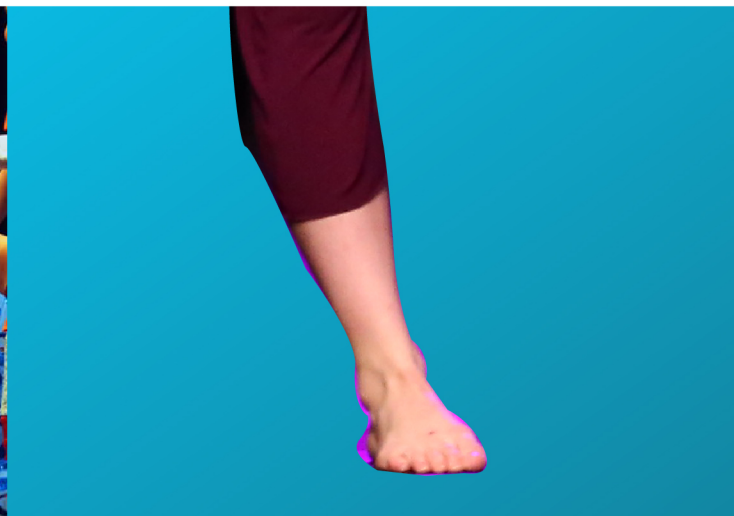


# Buffa's Dance Studio Ltd.



**Fall 2020/2021**



# Hello Dancers and Families!!

We are so excited to announce our 2020-2021 Dance Year!!!!

## UPDATES ON CLASSES

We are open using Virginia guidelines to ensure social distancing while exercising. This means even though we have 12,000 square feet of dance space as a studio, we only have a finite number of spots available in each class room. We have hardwired for Zoom and made rolling stations and large monitors so Zoom may be accessed while live classes are running.

## UPDATES ON REGISTRATION

Due to our occupancy limits - our lobby must remain closed. We have purchased new registration software and are now able to register and pay online for Classes! Please use the link below to see the new Registration System. We are also available for questions at buffadance@msn.com. This system will register for IN PERSON based on the number spots for each class with our occupancy limits. If a class is full - feel free register for another option or join the wait list (free). There are also classes with ZOOM virtual options.

## LINK TO REGISTER

<http://app.jackrabbitclass.com/regv2.asp?id=540847>

## REGISTRATION INSTRUCTIONS

- Click here to register! <http://app.jackrabbitclass.com/regv2.asp?id=540847>
- Input family and dancer information.
- Create a password for your Jackrabbit Parent Portal – this will enable you to update billing information, add classes etc, among other features.
- Once you have input this information, you should select “Select Class.” This will bring you to our class listing where you can select the classes each student wishes to take.
- [For multi-student families] Once the first student is complete, select “Add Another Student” and complete this same process for each dancer.
- Accept the Required Policies and Agreements by checking the boxes and signing your name.
- Enter your credit card information (and/or) bank account information. You will not be charged immediately, as we will review each registration individually to ensure the proper tuition is posted.
- If you have any questions, feel free to direct any questions to buffadance@msn.com.
- Link to Parent Portal:  
<https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgID=540847> - Feel free to bookmark this link.

## BDS BUILDING UPDATES

Please see the video below for our disinfection process. We have the Certification posted on the front door as well as listed here: <https://www.cleanmaxva.com/services/corona-virus-cleaning-service/>.

Disinfection Video: [https://drive.google.com/file/d/1KcFSgCYa306O85FGzEBzE\\_2nQNVcHO-k/view](https://drive.google.com/file/d/1KcFSgCYa306O85FGzEBzE_2nQNVcHO-k/view)

We have also changed our Janitorial Services to a larger company Universal Janitorial Services, Inc. who also services Bishop Ireton, Browne Academy, and others to ensure we have new COVID standards in place.

***Thank you so much for your continued support – we are so grateful for our students and parents who have supported BDS for 41 years in Burke!  
~Melissa, Buffa and Buffa's Dance Studio***

# MEET THE INSTRUCTORS

**Buffa Hargett – (Owner, Director)** Buffa has a dance background that includes ten years in Europe and over forty years in the U.S. studying with Dothan Civic Ballet, Birmingham Civic Ballet and Ballet Russes in NYC. Influential instructors have included Alexandra Danilova, David Howard and John White. She has a B.S. from the University of Alabama where she was President and soloist with the University Dancers. Advanced teaching work and certifications include in-depth studies, workshops and seminars in the Cecchetti, Royal Academy of Dance and Vaganova methods of ballet. For over forty years, she has directed the studio and managed a staff of twenty-five dedicated professionals. She created the Burke Civic Ballet in 1993 with the goal of providing a community-based performing and educational outlet for students and adults. Teaching and sharing the joy of dance is her central goal, and the goal she has set for the studio. Her philosophy is that dance is for everyone; dance builds strong, flexible, disciplined bodies and minds, and enhances the total person — the creative, mental, emotional and social. Through her guidance, everyone at the studio spreads the love of the profession and reflects sincere caring for the students.

**Melissa Hargett – (Owner, Director)** Melissa graduated with honors from William & Mary with a BBA in Operations and Information Technology, a Minor in Dance and was President of Orchesis, the College Modern Dance Company where she was a soloist. She choreographed for University productions and studied Modern, Ballet, Dance Composition and Dance History. After graduating, Melissa was an Information Technology Specialist with IBM consulting with State Street Bank and Sallie Mae. Dancing at Buffa's since the age of three, she has been an assistant teacher, teacher and runs the Burke Civic Ballet's Nutcracker, as well as schedules and coordinates the studio's Competitions and Conventions with Dance Company, Diamonds, Crystals and Rhinestones year-long activities. In addition to teaching, work includes scheduling and coordinating over 125 classes per week and over 1800 students and developing and presenting shows throughout the year, especially the year end recitals. Further education includes Vaganova ballet seminars, University of the Arts program in ballet, Dance Teacher Conferences and numerous yearly conventions and Nationals. She was awarded "Excellence in Dance Education" by Hollywood Vibe Dance Convention and her pieces have received top honors at competitions such as NRG, DMI, NYCDA, Jump, Nuvo and The Dance Awards. Melissa feels so blessed to be able to continue Miss Buffa's vision of a studio where all dancers are welcome - recreational or competitive – and that all who dance here know they have a dance home with those who love and support them no matter where their future takes them.

**Karlyn Ankrom (formerly Williams)** – Karlyn was a member, choreographer and president of the Mozaic Hip Hop Dance Team at James Madison University performing at various venues in the area. She taught hip hop and jazz for three years in Harrisonburg, VA. She has been an assistant and substitute teacher at Buffa's Dance Studio for eight years and was also a member of the Dance Company. Karlyn also performed in various roles for the Burke Civic Ballet and was a member and captain of the Lake Braddock Dance Team. Buffa's has been a second home to Karlyn since the age of three. She is thrilled to have the privilege of teaching at Buffa's. When she's not getting creative in the studio, she's getting creative behind the computer running her own social media and digital marketing agency.

**Nickolai Balatsenko** – Nickolai was born in the Ukraine and began his study of ballet at the Kiev Academy of Ballet when he was 11 years old. His first professional position was with the National Ballet Usti in the Czech Republic, and then the Donetsk Ballet after touring with the Ballet Classique of Paris. In 1999, he moved to the United States and joined Washington Ballet. He later danced with Ballet Theatre of Maryland and Ballet Internationale in Indianapolis, Indiana. He also toured Seoul, South Korea with Universal Ballet and danced with Atlantic Southeast Ballet in Charleston, SC.

**Victoria Bartlett** – Victoria is a Maryland native and a 2016 graduate of Goucher College in Baltimore, MD where she finished Magna Cum Laude with a BA in dance and a minor in psychology. Ms. Bartlett received the majority of her training at Glen Burnie, MD's Edna Lee Dance Studio where she later taught ballet/pointe, jazz, contemporary/lyrical as well as choreographed for the school. She was invited as a guest artist by Howard County Ballet in 2013-2015 to dance the Sugar Plum Fairy in The Nutcracker. Ms. Bartlett spent the 2016-2017 with the Charlottesville Ballet where she danced several corps de ballet roles. In 2017 she joined Manassas Ballet Theatre where she has danced the lead role of Lucy in Dracula and many other wonderful roles in ballets such as The Nutcracker, Swan Lake, and Sleeping Beauty. Ms. Bartlett is very excited to be teaching at Buffa's Dance Studio!

**Jennifer Baxter** – Jen's love of dance started at age three when she was a student at Buffa's Dance Studio. Her daughter started dancing at Buffa's at the age of three as well and it was such a wonderful moment for Jen to experience and share with her. Buffa's was such an important part of her growth and development as a young child and teen and she came back as an instructor to share those ideas, inspirations, ideals, discipline and self-awareness with other young dancers. Jen is currently a Communications Manager at Immanuel Christian School, where her children attend, and owns her own BAXMarketing business that provides integrated marketing solutions to individuals and small businesses. Jen received a Master of Arts in Integrated Marketing Communications from Emerson College, and a Bachelor of Arts in Communications and Psychology from Virginia Tech. She was a member of the Virginia Tech dance team, the High Techs, and was co-captain her senior year. She was also the assistant dance team coach at W.T. Woodson High School – where she was a member of both the Precisionettes dance team and varsity cheerleading squad.

**Natalie Berkeley** – Natalie is originally from Michigan and started dancing when she was four years old. She led her high school dance teams as co-captain her junior year and captain her senior year. She went on to earn a bachelor's degree in nursing from Olivet Nazarene University (IL) and began teaching dance at a local studio, Paula Aubry School of Dance. Natalie earned her Bachelor of Science in Nursing and has been an RN since 2001, specializing in cardiac care. While at Paula Aubry, she was the first to introduce hip-hop dance classes to the studio. She also taught pre-ballet, tap, and jazz. Natalie has performed in various musicals throughout high school, college, and as an adult at the Grand Rapids Civic Theater. Natalie earned her 200 hour RYT (yoga instructor certification) in Washington D.C. in 2010 and later became certified in Pilates Mat I/II through Balanced Body. She has taught nearly 2,000 hours of yoga, earning recognition as "Experienced" RYT (E-RYT 200). She currently teaches various yoga and Pilates classes at Mind the Mat in Del Ray. She has been a Cardiac Nurse since 2001. After spending 16 years working in a hospital, including over 10 years in cardiac procedures, you will now find her instructing EKG technician and Basic Life Support classes. She resides in Northern Virginia with her three children and her husband. Natalie is thrilled to teach the Buffa's Community!! Her teaching style is intentional, intuitive, challenging, and creative.

**Linda Boyle** – Linda has been a part of Buffa's Dance Studio as a student, assistant instructor and instructor since the studio opened in 1980. In addition, she has worked with the Burke Civic Ballet since its inception in 1993. She was the head coach for the Lake Braddock Varsity Dance Team for 15 years. During the day she works full time for an event management company. Linda is proud to have seen her three daughters grow up dancing at the studio and in the Burke Civic Ballet. She is very pleased to be teaching at Buffa's and to continue passing on her love of the art to generations.

**Emma Bradley** – Emma grew up and trained at Buffa's Dance Studio where she fell in love with dance and the power that movement has to transform lives – as it has hers, and for which she is truly grateful. Emma is going into her 11th season teaching and judging with NRG Dance Project on their 16 city US tour. She apprenticed with Conteur Dance Company in Toronto, Canada and has had the privilege of teaching and choreographing throughout the United States, Australia and Canada including NRG Australia's 5 city tour of Brisbane, Adelaide, Sydney, Perth and Melbourne. The past three years she has taught and judged at Australian Dance Festival in Sydney, Australia. Aside from dance, Emma is Fluid Yoga Certified and is currently working towards her Graphic and Digital Design Certification through The Parsons School. Emma was named by Dance Spirit Magazine as one of the top 15 competition dancers to watch, was a Cover Model Runner-Up and was featured in their "Flying Solo" article about her choreography. Her training includes American Ballet Theater, The Kirov Academy of Ballet, Exploring Ballet with Suzanne Farrell, Cedar Lake Contemporary Ballet 360, BodyTraffic and Sidra Bell Dance New York. Performance experience/work includes Conteur's "Fill in the Blanks" at The Winchester Street Theater in Toronto; Industry in Sydney, Australia; Cedar Lake Contemporary Ballet 360 and 180 Installations directed by Alexandra Damiani; Capezio 125th Anniversary Gala at City Center in NYC; Dizzy Feet Foundation Gala at Dorothy Chandler Pavilion in Los Angeles; Bright Lights Shining Stars Gala at Skirball Center in NYC. She is so excited to begin her fourth year on Faculty at BDS as the Director of Ensemble!

**LeeAnn Bushar** – LeeAnn grew up in Lawrenceville, NJ where she danced at a competitive studio for 15 years. She graduated from George Mason University in 2013 with a degree in Tourism and Events Management. While at Mason she was a member of the Masonettes, the George Mason Dance Team, which ranked Top 3 in the nation the three years they competed while she was there. LeeAnn is excited to be able to teach at Buffa's and to share her love for dance with her students.

**Laura Fong** – Laura grew up in Pittsburgh, PA where she was part of a competitive dance company and also trained at Point Park University and Carnegie Performing Arts Center. In 2005, Laura was cast as the lead dancer in the Pittsburgh Civic Light Opera's rendition of A Little Night Music. She received her BFA in Dance from George Mason University in 2008, where she performed in many works including those by modern dance choreographers Paul Taylor, Susan Marshall, Patrick Corbin, and Kate Skarpetowska. After graduating, Laura moved to New York City where she worked and trained at the American Musical and Dramatic Academy, Dance New Amsterdam and Broadway Dance Center. Since returning to Northern VA, she has performed locally with dance companies such as Dancevert and DancEthos. Laura has taught at Buffa's Dance Studio since 2009, and her choreography has won top awards at national and regional competitions for choreography, high score, critics choice, high voltage and most entertaining, among others. Laura is inspired by the many talented dancers, teachers, and choreographers at Buffa's! She is thankful to be a part of this wonderful studio and share her love of dance!

**Karissa Grady** – Karissa grew up at Buffa's and loved her time in Dance Company and Ensemble! She is currently going to Northern Virginia Community College and soon she plans to transfer to complete a four year degree in teaching education and dance. She has worked at the studio since she graduated from Robinson Secondary School in 2017 while also working with the Woodson Special Olympics teams. She can't wait to share her love of dance and see her students grow this year!

**Nikki Gambhir** – Nikki currently dances with Culture Shock DC and Tappenstance, and formerly with Classical Repertory Dance Theatre. She is a former director of Hip Hop company DCypher Dance, and founding director of youth Hip Hop company Urban Impact. Nikki has performed with Cirque du Soleil, with the Broadway cast of Hairspray at the White House, and as a backup dancer for 80's pop star Tiffany, the Flaming Lips, and Kicking Daisies. She has choreographed and performed for the National Cherry Blossom Festival Parade, the White House Easter Egg Roll, and National Dance Day with Nigel Lythgoe. Nikki was a guest choreographer at Georgetown University and Oberlin College. Television appearances include BET's 106 & Park and she was a featured dancer in the Bollywood movie, Ta Ra Rum Pum. Wilson High School's musical which she choreographed, Hair, won a Cappie award for Best Musical. She was also a teacher at Albert Einstein High School in MD. Nikki is thrilled to teach at Buffa's where she began dancing at the age of 3 and was later a Dance Company member and soloist with the BCB. She believes that the arts are essential to the community and hopes to nurture the artist in everyone.

**Hannah Lee** - Hannah has been a part of the BDS family since 2002. She danced at Buffa's in Diamonds and Dance Company and as a Golden Girl on the Lake Braddock Dance Team. She started working at the front desk during high school and has continued while working on her Accounting degree at George Mason University. Her favorite genre has always been Hip Hop and she is so excited to share her love of dance and BDS with her students!

**Jamee Lyons** – Jamee danced and was a long time member of Buffa's Dance Company throughout high school. She graduated from East Carolina University and was a music teacher in Fairfax County before transitioning to Professional School Counselor in 2005. Jamee's daughter Charlotte is a second generation Buffa's Dancer and she is excited to share her love of dance with her students!!

**Lisa Mitchell** – Lisa's background includes dance at Buffa's since she was 3 years old and cheerleading at Robinson High School where she graduated in 1998. She holds a degree from Radford University where she majored in English and minored in dance with a concentration in ballet, jazz and pointe. Further education includes an Elementary Education teaching license from George Mason University in 2002. She has taught for many years in the Prince William County School System as well as with Flint Hill. Lisa underwent an in-depth training program with Buffa and has been teaching classes at Buffa's for over a decade.

**Stephanie Patterson** – Stephanie graduated from James Madison University in May 2014 with a degree in Media Arts and Design and a minor in Communications. While at JMU, she was co-captain and choreographer of her sorority dance team each year for their Greek Sign performance, winning "Best Dance" with her Great Gatsby lead role and choreography her senior year. Stephanie has enjoyed dancing at Buffa's ever since her first jazz and tap classes in first grade. She adores the talented staff, beautiful facility and unmatched atmosphere that Buffa's Dance Studio provides. Stephanie is thrilled to join fellow instructors in sharing their love for dance with younger dancers.

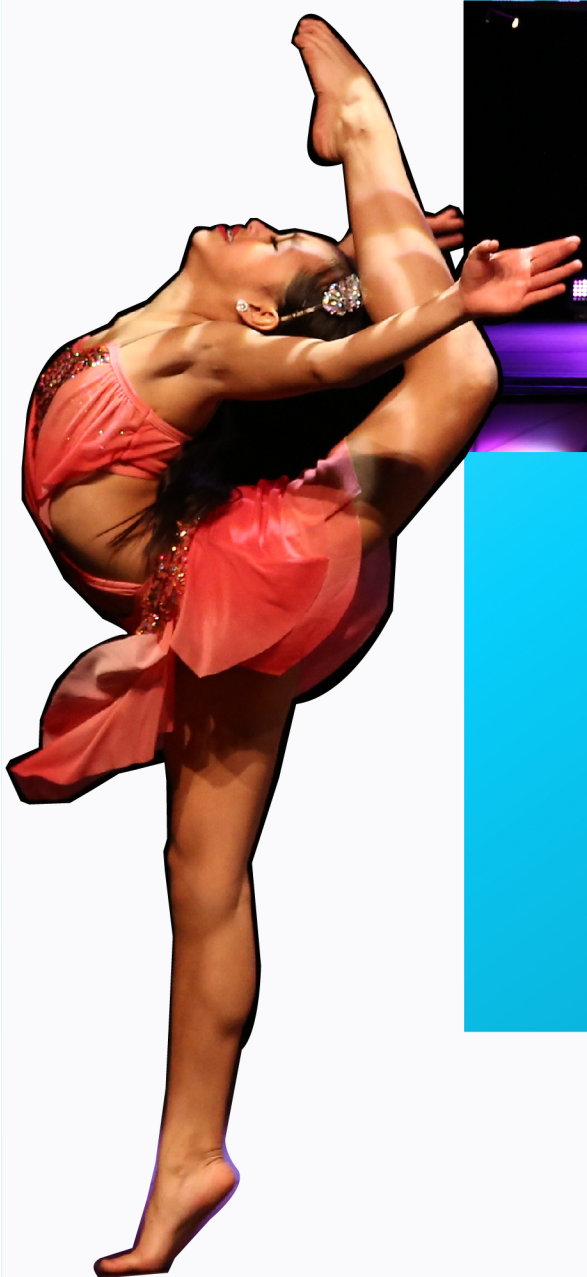
**Sonia Siddiq** – Sonia grew up dancing at Buffa's and began working as a teacher's assistant where she found her passion for teaching. She worked with children of all ages introducing dance movement and basic ballet technique while choreographing for her high school dance team. When she attended Virginia Tech she danced and choreographed with the Contemporary Dance Ensemble for 4 years and participated in special events on campus including the Performance for Remembrance at the Moss Arts Center. She continued teaching at The Center of Dance while living in Blacksburg. She graduated with a B.S. in Environmental Science in 2018 and is so excited to be at BDS!

**Katie Storch** – Katie graduated from George Mason University in the Spring of 2014 with a degree in Tourism and Events Management and a minor in Psychology. While at Mason she was a member of the Masonettes, the George Mason Dance Team, which ranked Top 3 in the nation all four years that she was with them. She started dancing at Buffa's when she was 4 years old and has found it hard to leave ever since. She is ecstatic to be able to now teach her own students at the studio she has called home for so many years, and feels honored to be able to spread her love for the arts and dance!

**JT Thomas** – JT has had the opportunity to dance all over the world from screen to stage by performing on cruises and European dance tours. He started his training locally with various teachers / choreographers, and would attend workshops both local and nationally. He then attended George Mason University where he received his Masters in education and minored in Dance. He has now been teaching, coaching, and choreographing for 16 years. His title winning and highly awarded choreography has been seen at the Dance Worlds, NDA/ UDA Nationals, and the prestigious Kennedy Center in DC. Now he primarily focuses on teaching and choreographing for Studios, Schools, and Dance Teams. With his love for dance and his passion to educate and inspire students he is very excited to join the Buffa's Team.

**Hilary Tone** – Originally from Los Angeles, Hilary has been dancing since the age of three and teaching since she was 19, from California to Arizona and now the DC area. She is a product of Retter's Academy of Dance under the direction of Darryl Retter and Linda Bernabei-Rette, and was a member of the nationally-ranked Rhythm Machine Dance Company for six years. She has trained with such greats as Brian Friedman, Laurie Johnson, Gregg Russell, Marla Bingham, Suzy Miller, and Andy Blankenbuehler. She was also an assistant at Tremaine Dance Convention, NYCDA, and DanceMakers Inc., and Captain of the Santa Clara University Dance Team for two years. She has been a member of the Capitol Movement Dance Company in Washington, D.C. since 2013, and has toured with Capitol Movement to perform for U.S. military overseas in Italy, Turkey, Djibouti, Bahrain, and Kuwait. Hilary feels incredibly fortunate to have been part of the Buffa's dance family since 2012, and appreciates the opportunity to share her love of dance and its many life lessons with her students. She holds a Bachelor's degree in Communication and Spanish from Santa Clara University and a Masters of Public Diplomacy from USC. By day, she is the Director of Communications for DC Public Schools.

**Bryana Trupo** - Bryana began dancing at the age of 3 in her home state of New York. She continued her study of dance into college where she was a member of the SUNY Geneseo Dance Ensemble and Geneseo Knightline Dance Team. She taught classes at local dance studios for five years during this time. Bryana has a degree in Childhood and Special education, taught in Fairfax County public schools and currently teaches preschool. Bryana shares the love of dance with her daughter, Chloe, who is a student at Buffa's. Bryana is thrilled to return to teaching dance.



# DANCE SUPPLIES

## WHAT YOU'LL NEED

### Dance Movement Age 3:

Top: Pink Leotard  
Tights: Capezio 1916C in Ballet Pink  
Shoes: Pink Ballet 205C or similar

### Advanced Dance Movement Age 4, Dance I Age 5, Dance II Age 6:

Top: Pink Leotard  
Tights: Capezio 1916C in Ballet Pink  
Shoes: Pink Ballet 205C or similar & Black Tap Capezio N625C

### Pre-Ballet Age 7:

Top: Pink Leotard  
Tights: Capezio 1916C in Ballet Pink  
Shoes: Pink Ballet 205C or similar  
\*\*\*Pre Ballet—hair must be in a bun or pinned back if too short for a bun\*\*\*

### Tap/Jazz Age 7:

Top: Leotard  
Bottom: Dance Shorts/Pants  
Shoes: Black Tap Capezio N625C & Caramel Jazz Slip On Capezio EJ2C

### Modern/Lyrical/Contemporary:

Top: Leotard or Appropriate Dance Top/Tank  
Bottom: Dance Shorts/Pants  
Shoes: Dance Paws DPP/Foot Undeez H07 or H07C or bare feet

### Ballet and Pointe:

Top: Black Leotard  
Tights: Prima Soft 101 in Ballet Pink no seam  
Ballet Shoes: Pink Ballet Split-Sole Capezio 2037W or So Danca SD16 or SD16C –

**Pointe shoes for Pointe Classes:** See Dance Supply store for individualized fitting and approval thru Pointe teacher

\*\*\*Ballet/Pointe attire is mandatory—hair must be in a bun or pinned back if too short for a bun\*\*\*

### Jazz/Musical Theater:

Top: Leotard or Appropriate Dance Top/Tank  
Bottom: Dance Shorts/Pants  
Shoes: Caramel Jazz Slip-On Capezio EJ2 or EJ2C or Bloch Phantom S0473L or So Danca JZ43  
\*\*\*Black Jazz shoes may be required for the recital\*\*\*

### Hip Hop:

Top: Leotard, Tank top, hoodie  
Bottom: Dance Shorts/Pants/Sweatpants  
Shoes: Levels Beg - II/III - Black Low Top Dance Sneaker Capezio DS11 or DS03 or Theatricals T8000C or similar

**Levels IV - Black Combat Type Boot SWAGC or similar**

\*\*\*Advanced Hip Hop Levels and Dance Company: Black Nike Sneakers /Adidas Superstars or similar (TBD) will be required\*\*\*

### Acro/Aerial Silks/Jumps, Leaps, Tricks, Turns, Dance Improv:

Top: Leotard Appropriate Dance Top/Tank  
Bottom: Dance Shorts/Pants  
Shoes: None

### Tap:

Top: Leotard Appropriate Dance Top/Tank  
Bottom: Dance Shorts/Pants  
Shoes: Tan Bloch Tap-On S0302L or G  
\*\*\*Advanced Tap Levels and Boys: Black Capezio CG17\*\*\*

### Boys/Men:

Top: Tank top, shirt  
Bottom: Basketball shorts, gym pants  
Shoes: Black Ballet shoes S1C or similar, Black Tap Shoes CG17 or 443B or similar, Black Jazz Shoes S0401M or similar – other genres please see above in class specifics

## WHERE TO BUY

### Via Telephone/Internet:

• Discount Dance Supply - <http://www.discountdance.com>

### Local Dance Retail Stores:

• Cinnamon Tree – (703) 435-3255  
1108 Herndon Parkway  
Herndon, Virginia 20190

• Liesl Dancewear – 571-659-2937  
[www.lieslshop.com](http://www.lieslshop.com)  
14073 Crown Court  
Woodbridge, VA 22193

• Heather's Dancewear Boutique – (703) 331-5964  
8759 Mathis Avenue  
Manassas, Virginia 20110

• The Dance Shoppe – (703) 815-3205  
14215G Centerville Square  
Centerville, Virginia 20121

• Robcyns – (703) 379-7800  
3660 King St.  
Alexandria, Virginia 22302

# CELEBRATING 41 YEARS!!

As we begin our 41st anniversary year, we would like to thank all the dancers and families who have allowed us to be part of your dance education and shared in our passion for spreading the love of dance throughout our community. Miss Buffa created the studio in the Fall of 1980 as a place to share her background of arts education through her love of teaching dance. She founded the studio on the philosophy that dance is for everyone: it builds strong, flexible, disciplined bodies and minds and in so doing, enhances the total person: the creative, the physical, the mental and the social.

Throughout the years, our highly qualified instructors, who all possess a secondary education and/or have professional dance experience, have taught and inspired our young dancers and have guided them with the goal of a lifelong love of dance and the arts.

We are so proud that our alumni have careers such as doctors, accountants, lawyers, social workers, teachers, actors, nurses, physical therapists, government, military, dancers and dance educators, and have used their dance education to further enhance their post secondary careers.

Our fine-tuned dance curriculum, carefully constructed for each age group and genre, has been a proven success as illustrated by our highly technically trained and artistic dancers. We use age-appropriate material, music and technical building blocks to construct a dance education plan that considers the whole child and their emotional and physical development.

Our children's programs use props, imagination games, improvisation and creative movement to establish the beginning basics of ballet, tap and jazz technique without diminishing the creative wonder that is in every child. We use their love of movement to build memory sequences, rhythm, patterns and physical awareness in space.

Our beginning and intermediate programs employ age and developmentally appropriate curriculum building blocks to teach technical skills that are built upon with each level. In ballet, we begin with pliés, tendus and chassés and move to petit allegro, grand allegro and emphasize timing, directional changes and transitions that take a beginner student to an intermediate level.

Our advanced programs use multiple ballet classes per week to provide the basis for dance. We also provide well-rounded program offerings of pointe, jazz, lyrical, tap, modern, contemporary. Progressions across-the-floor use multiple turns, jumps, patterns in space, level and rhythm changes to challenge the dancer. These lead to dancers capable of intricate spacing, dynamics and choreography, who can combine the technical training and physical side of dance with the artistic.

In our performing companies, our goal is to take our solid technical education and add more performing opportunities.

Our Rhinestones and Crystals explore multiple genres and learn team work, personal responsibility as well as experience a dance convention and present their dances in competition. We believe that dance at this age should be presented in an environment where learning is positive, rewarding and exciting, and are strongly opposed to non-age-appropriate costuming, music and choreography.

Diamonds, Dance Company and Ensemble are for dancers wanting more in-depth curriculum, technical difficulty, and performing experiences. Our priority is technical training and rehearsing pieces an appropriate amount, as over-rehearsing diminishes artistry and leads to robotic dancers. Our dancers excel as they are introduced to new choreography and skills in class rather than only the material presented in their competition dances.

Our goals for competition and conventions are for our dancers to be taught by other professional master teachers in class and further learn from them as judges, using their critiques to provide feedback for evaluation and improvement. We continue to instill in our dancers that the trophies earned are not the goal, but rather, the over-arching goal is the relationships they form with the master teachers and their contemporaries, the scholarships they win to help them further their dance education and the experience they gain from presenting and performing their pieces. Teamwork, time management, accountability, making lifelong friends, achieving goals, making commitments, organizational skills and technical, artistic and personal growth are the primary reasons we use dance competitions and conventions as part of our well-rounded educational plan for our dancers.

We also offer our students a professional ballet performance with our yearly Nutcracker. Dancers from age 3 to professionals present the holiday classic at a professional theater and it has been an area favorite for over 25 years. Our dancers fine tune their ballet technique and performance skills and enjoy the camaraderie that leads to an amazing final product for our entire community to enjoy.

Thank you for entrusting your child's dance education to Buffa's. We highly value your support and thank you for making these 41 years possible. We appreciate you sharing your children with us as we pursue our passion for dance and our belief in the positive enhancements of a dance education. Our teachers and staff are excited to begin the journey into our 41st year and cannot wait for all the new dance magic to begin!

~Buffa and Melissa Hargett



# CLASS DESCRIPTIONS

## CHILDREN'S CLASSES

### **Dance Movement – (age 3)**

An introduction to the world of dance using basic steps, music, singing, props, instruments, stories and creativity to activate the imagination, increase body awareness, enhance socialization and establish a sense of joy through movement.

### **Advanced Dance Movement – (age 4)**

An accelerated program advancing the Dance Movement skills and introducing age-appropriate ballet and tap technique. Strong emphasis on musical awareness, personal and stage space, sequencing, memory, and creativity.

### **Dance I – (age 5)**

Dance Movement skills and age-appropriate technique in ballet, tap and jazz are amplified. The student will master a specific set of information, steps and movement sequences, while continuing to reinforce improvisation and creativity.

### **Dance II – (age 6)**

Dance Movement skills and age-appropriate technique in ballet, tap and jazz are expanded. The student will master a specific set of information, steps and movement sequences, while continuing to enhance improvisation and creativity.

### **Pre-Ballet – (age 7)**

Introduction to the world of ballet using Royal Academy of Dance outlines. Emphasis on establishing the critical basics of alignment, positions and proper coordination of feet, legs and arms, and movement through space. Mime, improvisation and creativity help mold a blossoming artist.

### **Tap/Jazz – (age 7)**

Instructs an age-appropriate skill set in both Tap and Jazz. Focus on musicality, rhythm, timing, clarity, coordination, sequencing, and spatial/stage awareness in a fun and upbeat class structure.

### **Acro – (age 7+) - No Recital**

Cartwheels, bridges, headstands, hand stands proceeding to working on backbends and ups without assistance, focusing on building strength and getting comfortable with being upside down and then proceeding to front walk overs, chin stands, elbow stands, walk overs focusing on control, strength, and flexibility and then proceeding to scissor walkovers, tinsikas, hand walks, more in depth flexibility, control, and strength movements. There are Progress reports and additional June Parent's Days for Acro.

### **Acro Performance – (Int Acro Levels)**

Acro Performance is taken in addition to an Acro class and works on Performance Acro Skills and Choreography for Stage and will perform in the recital.

### **Aerial Silks – (age 8+) - No Recital**

*\*\*Will be on Mini Camp schedule announced at a later date to ensure each dancer has their own personal silk for the duration of the time\*\** Perform aerial acrobatics while hanging from silks fabric. Climb the suspended fabric and wrap, suspend, fall, swing, and spiral your body into and out of various positions. Increases upper body strength, core stability and flexibility. There are additional June Parent's Days for Aerial Silks.

### **Ballet – (age 8+)**

Classes stress correct alignment, technique, terminology, fluidity, epaulement, port de bras and flexibility combined with strength and style. Goal is a sensitive, intelligent, professional stage performance.

### **Ballet Core Program – (age 9+ - level divisions on schedule) - No Recital**

Class focused on building strength and flexibility with the goal of improving ballet technique. Uses core work vocabulary, and progress reports to keep students focused and improving. There are progress reports and additional June Parent's Days for Ballet Core Program

### **Ballet Intensive Program – (age 12+ - level divisions on schedule) - No Recital**

Class focused on building additional strength and flexibility with the goal of improving ballet and pointe (for girls) technique. A focused classroom environment works on improving individuals posture, stamina, recall and body placement plus additional work en pointe. There are progress reports and additional June Parent's Days for Ballet Intensive Program

### **Ballet Class Series – (Advanced Ballet Levels)**

As a part of its mission to advance the art of ballet in the local community, Burke Civic Ballet is providing an opportunity for dancers to receive training from guest ballet instructors. Dates TBA - cost is \$25 per class. Enrollment forms will be available at Buffa's Dance Studio.

### **Hip Hop – (age 7+)**

One of the most current dance styles; offers a variety of movements from old school, new school, street, funk, jazz and free style. Using age-appropriate music, emphasis is placed on interpretation and style.

### **Jazz – (age 8+)**

Each successive level adds steps, walks and combinations. Class includes warm-up, stretching, isolations, jazz walks, turns, pirouettes, across-the-floor patterns, and combinations. Upbeat music and tempos and an energetic style and flow of class.

### **Jumps, Leaps, Tricks, Turns & Improvisation – (age 10+) - No Recital**

Learn and improve jumps, leaps, turns, and special tricks along with working on flexibility. Incorporates improvisation work such as confidence, movement quality, movement choices and musicality.

### **Lyrical/Contemporary – (age 7+)**

A mix between jazz, ballet and modern with an emphasis on drama and emotion and a freeing style. Teaches movement dynamics (high, medium, low space and differing tempos) and transition work from standing to floor work in varying degrees of difficulty based on level.

### **Modern – (age 8+)**

Learn basics from many styles and methods and focus on technique, weight, isolation, suspension, and release. By experimenting, students will push their boundaries of expression through movement and improvisation. Student choreography will be explored through props, problem solving and teamwork.

### **Broadway Musical Theater – (5th grade-12th grade)**

Concentrates on Broadway style dance techniques needed for stage as well as working on lip syncing and theatre/character development.

### **Pre-Pointe – (age 11+) - No Recital**

A mandatory precursor to pointe work where dancers work on developing strength, placement and balance. Course is a dance year in length, uses ballet shoes, and does not participate in recital. Ballet levels II and up with Director's Approval only. Year culminates in a Pre Pointe test in which the testing material is worked on weekly.

### **Pointe – (age 12+)**

By invitation only and must also be enrolled in a ballet class. Emphasizes proper placement, correct usage of pointe shoe in cooperation with entire body, and sequential progression of technique. Director's Approval Only.

### **Tap – (age 8+)**

Emphasis placed on clarity of sounds, rhythm, timing, coordination and style. Skills progress through a barre or center warm up, center and across the floor progressions and a goal of precise footwork, energy and rhythm for the dancer.

# PERFORMING GROUPS

Designed for students who desire to be a part of a specialty dance group with additional performance, competition, convention, and choreography opportunities. Please email [buffadance@msn.com](mailto:buffadance@msn.com) for specifics on each group and to receive an info packet.

## RHINESTONES (grades K-3)

Program includes further instruction in Jazz, Lyrical, Jazz Funk and Musical Theater in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance.



## CRYSTALS (grades 3-8)

Program includes further instruction in Jazz, Lyrical, Contemporary, Hip Hop and Musical Theater in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance..

## DIAMONDS (grades 6-8)

Program includes further instruction in Jazz, Lyrical, Contemporary, Hip-Hop and more in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance. Open by invitation only (please email to request) and dancers must be enrolled in at least 5 classes (including ballet and jazz).



## DANCE COMPANY – (grades 8-12)

An opportunity to be a part of a group with performances, conventions, competitions, and Choreographer's Showcase. Open by invitation only to selected dancers who exhibit above-average facility, talent, dedication, discipline, character, commitment, and love for dance and dancers must be enrolled in at least 5 classes (including ballet and jazz).



## ENSEMBLE – (grades 6-12)

Pre-professional training program offering technique, conditioning and extra performance opportunities that will give serious dancers an inside look at what it takes to be in a company/professional atmosphere. Open by Audition Only (Spring and Summer Dates available)

# Buffa's Dance Studio Calendar

<b>Fri Sept 11</b>	Fall 2020 Begins
<b>Sat Sept 12</b>	Nutcracker Auditions
<b>Wed Sept 16</b>	Competition Costumes and Choreography Fees due for All Companies
<b>Wed Sept 30</b>	Full Year Tuition Discount Deadline
<b>Sat Oct 31</b>	Halloween – OPEN
<b>Mon Nov 2</b>	Costume Fee Deadline for All Classes
<b>Sat/Sun Nov 21, 22</b>	Nutcracker Performances
<b>Mon Nov 23 - Sat Nov 28</b>	Thanksgiving - CLOSED
<b>Mon Nov 30 - Sat Dec 5</b>	Parent's Days Week 1
<b>Mon Dec 7 - Sat Dec 12</b>	Parent's Days Week 2
<b>Mon Dec 14 – Sat Jan 2</b>	Winter Holidays – CLOSED
<b>Mon Mar 29 – Sat Apr 3</b>	Spring Holidays – CLOSED
<b>Mon May 3</b>	Last Day for Make Up Classes
<b>Sat/Sun May 22, 23</b>	Dress Rehearsals – MANDATORY for Recital participation
<b>Mon May 31</b>	Memorial Day – OPEN
<b>Thur June 10</b>	Last Day of Classes
<b>Fri/Sat/Sun June 11, 12, 13</b>	Recitals
<b>July 5-Aug 13</b>	Summer 2020

*Note: We are open for all Monday holidays. We do not close for FCPS Development, Planning or Workdays unless they coincide with dates closed listed above. Recital and Dress Rehearsal dates are dependent on FCPS approval.*



***We look forward to dancing  
into our 41st Year with you!!***